

# Air Fryer Potato "Fries"

3 ingredients · 1 hour · 4 servings



## Directions

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1. Prepare potatoes by cutting into wedges, then place into a bowl of cold water and soak for about 20 minutes.
2. Remove from water, and dry the potato wedges on paper towels until completely dry.
3. Sprinkle potato wedges with salt and toss to coat.
4. Place potato wedges into the air fryer and add olive oil.
5. Cook for 35-40 minutes or until potatoes are brown and crispy.

## Ingredients

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- 2 cups** Mini Potatoes (Cut into wedges, soaked and dried - see instructions)
- 1 tsp** Kosher Salt
- 1 tbsp** Extra Virgin Olive Oil

# Air Fryer Crispy Chicken Wings

4 ingredients · 40 minutes · 4 servings



## Directions

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1. Pat chicken wings with paper towels until they are completely dry
2. Sprinkle with kosher salt and garlic powder and toss to coat
3. Place wings into air fryer and add olive oil
4. Turn on air fryer and cook for 35-40 minutes or until wings are cooked through and brown and crispy.

## Ingredients

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- 2 lbs** Chicken Wings
- 1 tsp** Kosher Salt
- 1 tsp** Garlic Powder
- 1 tbsp** Extra Virgin Olive Oil

# Air Fryer Brussel Sprouts with Bacon

3 ingredients · 35 minutes · 4 servings



## Directions

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1. Add chopped bacon to air fryer. Close and cook for 8 minutes or until bacon is cooked through.
2. Open air fryer and add brussel sprouts to bacon.
3. Close fryer and cook 20-25 minutes until brussel sprouts are cooked through and crispy.
4. Add maple syrup (if using) and cook another 3-4 minutes to combine and heat through.

## Notes

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### Maximum Crispiness

Ensure vegetables are completely dry before adding to the air fryer.

### No Bacon

Skip step 1, and add 1 TBSP of olive oil along with the brussel sprouts before cooking.

## Ingredients

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**3 slices** Organic Bacon (Chopped into 1" pieces)

**2 cups** Brussels Sprouts (Cut in half)

**1 tbsp** Maple Syrup (Optional)

# Air Fryer Green Beans with Almonds

3 ingredients · 20 minutes · 4 servings



## Directions

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1. Place green beans and oil into the Actifyr
2. Cook for 15 minutes or until green beans are starting to crisp.
3. Add sliced almonds and cook for 5 minutes more to heat through.

## Notes

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### Maximum crispiness

Ensure vegetables are completely dry before adding to the air fryer.

## Ingredients

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- 2 cups** Green Beans (Cleaned and trimmed)
- 1 tbsp** Extra Virgin Olive Oil
- 1/4 cup** Sliced Almonds

# Air Fryer Crispy Broccoli

5 ingredients · 20 minutes · 4 servings



## Directions

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1. Place broccoli in a bowl, and sprinkle with garlic powder, salt and pepper. Toss to coat.
2. Place seasoned broccoli into the air fryer.
3. Add olive oil to air fryer.
4. Close and cook for 20 minutes or until brown and crispy.

## Notes

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### Maximum crispiness

Ensure vegetables are completely dry before adding to the air fryer.

### No broccoli

Use cauliflower instead

## Ingredients

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- 2 cups** Broccoli (Cut into florets)
- 1/2 tsp** Garlic Powder
- 1/2 tsp** Kosher Salt
- 1/4 tsp** Black Pepper
- 1 tbsp** Extra Virgin Olive Oil